

IDAHO CONTENT STANDARDS
GRADE 4
HEALTH

Standard 1: Healthy Lifestyles

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 1.1: Acquire the essential skills to lead a healthy life.	4.H.1.1.1 Describe the influence of rest, food choices, exercise, sleep, and recreation on a person’s well-being. (805.01.a)	4.H.1.1.2 Identify characteristics and causes of diseases and disorders. (805.01.b)	4.H.1.1.3 Recognize a safe environment and demonstrate readiness skills that deal with emergency situations. (805.01.c)	4.H.1.1.4 Identify the range of emotions experienced and the connection between our minds and bodies. (805.01.d)	4.H.1.1.5 Identify substances, their use, and abuse. (805.01.e)	4.H.1.1.6 Identify the nutritional benefits of different foods. (805.01.f)	4.H.1.1.7 Recognize growth and development as a life-long process. (805.01.g)	4.H.1.1.8 Describe the role of families and friends have in affecting our health. (805.01.h)	4.H.1.1.9 Determine factors involved in selecting and using health information, products, and services. (805.01.i)	4.H.1.1.10 Determine factors that influence the health of our environment. (805.01.j)	

Standard 2: Risk Taking Behavior

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	4.H.2.1.1 Describe the healthy living habits that can reduce the risk of illness and injury. (806.01.a)	4.H.2.1.2 Recognize how the actions of one person can affect the behavior of another. (806.01.b)	4.H.2.1.3 Identify high-risk situations and behaviors that pose a risk to one’s self and others. (806.01.c)	4.H.2.1.4 Identify the impact of risky behaviors on personal and family health. (806.01.d)							

Standard 3: Communication Skills for Healthy Relationships

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 3.1: Demonstrate the ability to use communication skills to enhance health.	4.H.3.1.1 Identify the causes and effects of conflict in schools and families. (807.01.a)	4.H.3.1.2 Demonstrate refusal and decision-making skills as they relate to substance use and abuse. (807.01.b)	4.H.3.1.3 Identify interpersonal communication skills that can be used to build interactions between family, friends, and community. (807.01.c)								

Standard 4: Consumer Health

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.	4.H.4.1.1 Identify reliable sources of personal health information, products, and services. (808.01.a)	4.H.4.1.2 Recognize how the media influences one’s thinking in relation to mental and emotional health, nutrition, and substance abuse. (808.01.b)	4.H.4.1.3 Identify the different community agencies that promote the health and well-being of personal environment. (808.01.c)								

IDAHO CONTENT STANDARDS
GRADE 4
HEALTH

Standard 5: Mental and Emotional Wellness

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.	4.H.5.1.1 Recognize healthy ways to express personal emotions and feelings. (809.01.a)	4.H.5.1.2 Identify ways to maintain a healthy outlook in the presence of diseases and/or disabilities. (809.01.b)	4.H.5.1.3 Identify physical activities that promote fitness and the relief of mental and emotional tensions. (809.01.c)	4.H.5.1.4 Take responsibility for the safety of one’s self and others. (809.01.d)	4.H.5.1.5 Identify ways to avoid negative social influences and pressures to use alcohol, tobacco, and other drugs. (809.01.e)						